

ANTECEDENTS

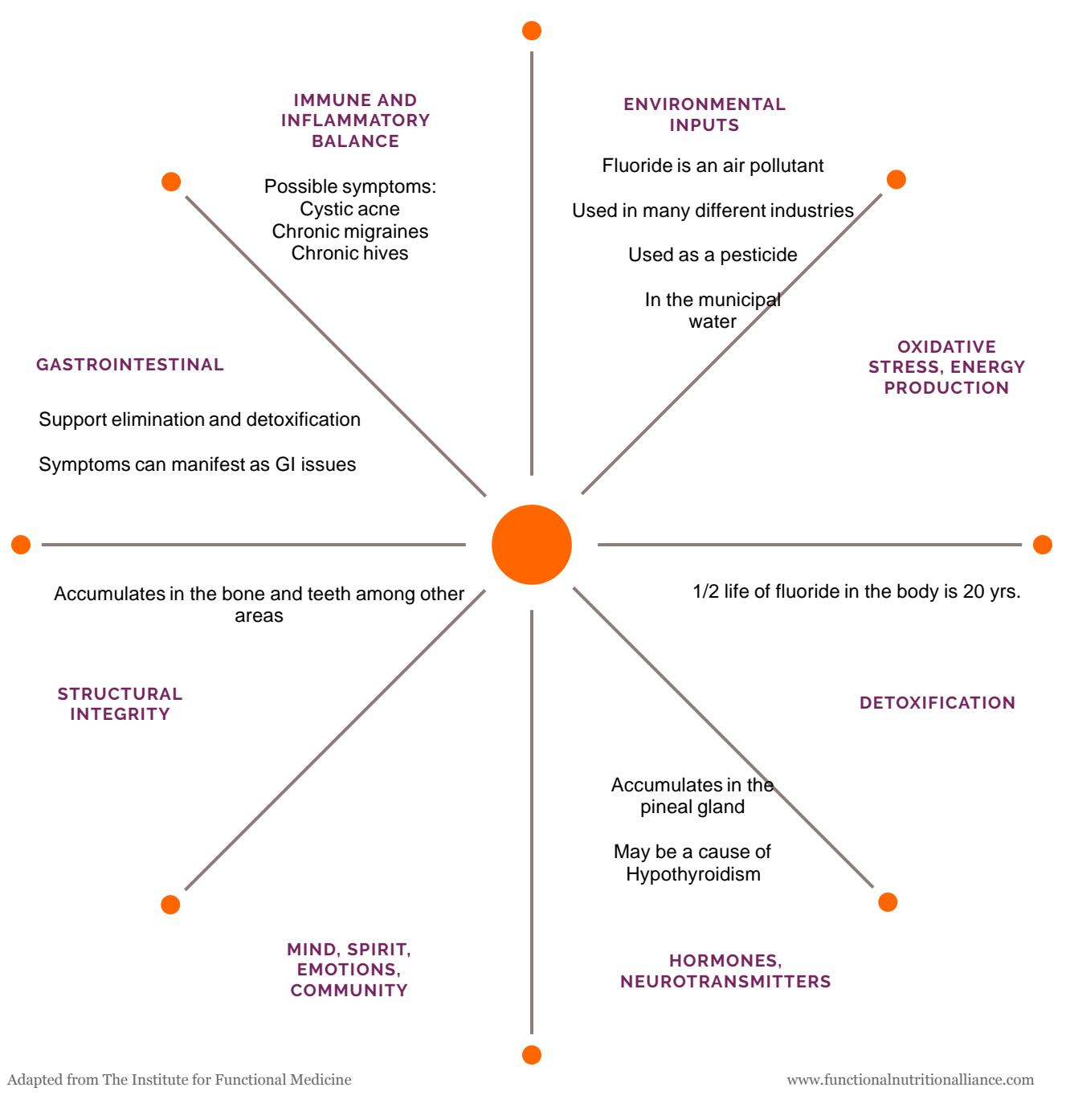
Historical exposure
No research has been done that says fluoride is needed for good health
(No known research about genetic factors impacting fluoride exposure or toxicity)

TRIGGERING EVENTS

Important to note that there is strong corporate interest in making fluoride look good; therefore increasing our societal exposure

MEDIATORS

How the body reacts to fluoride is highly unpredictable
Clean things up to reduce exposure:
- use fluoride free toothpaste
- check water supply
- eat organic foods
- detox and use sauna therapy



SLEEP/RELAXATION

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Certain foods are high in fluoride.
- Grape products
- Non-organic poultry
- Black tea

STRESS/RESILIENCE

RELATIONSHIPS/NETWORKS